## "It Seems as Though my Back Would Break."



Is it not true? Women suffer, feel the very life crushed out of them, grow old before their time. Each morning wake up determined to do so much before the day ends, and yet-

Before the morning is very old the dreadful BACKACHE attacks them, the brave spirit sinks back in affright; no matter how hard they struggle, the "clutch" is upon them and they fall upon the couch crying :

"Why should I suffer so? What can I do?"

The answer is ready, your cry has been heard, and a woman is able to restore you to health and happiness. Backache is only a symptom of more fatal troubleheed its warning in time.

Lydia E. Pinkham's Vegetable Compound will stop your torture and restore your courage. Your pains come from unnatural menstruation or some derangement of the womb. Let those who are suffering read Mrs. Morton's letter and be guided by her experience.

## AN OPEN LETTER TO WOMEN.

"DEAR MRS. PINKHAM :-- I have been so delighted ? with Lydia E. Pinkham's Vegetable Compound I thought I would write and thank you. My system was entirely run down. I suffered with terrible backwas entirely run down. I suffered with terrible backache in the small of my back and could hardly stand
upright; was more tired in the morning than on retiring
at night. I had no appetite. Since taking your Compound I have gained fifteen pounds, and am gaining
every week. My appetite has improved, have no backache, and I look better than I ever looked before.

"I shall recommend it to all my friends as it cer-I shall recommend it to all my friends, as it certainly is a wonderful medicine."—Mrs. E. F. Morron, 826 York St., Cincinnati, O.



When a medicine has been successful in restoring to health more than a million women, you cannot well say, without trying it, "I do not believe it will help me." If you are ill. don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice—it is free.

Owing to the fact that some skeptics the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, of Lynn, Mass. \$5,000, which will be paid to any person who can show that the above testimonial is not genuine, or was pulished before obtaining the writer's special permission.—Lyder E. Pikkham Medicine Co.

20 summers,

vegetable crops.

Bernhurdt's Idea of Hamiet.

the London Chronicle's writer, in in-

troducing the matter of his interview.

between the half-closed lids when I

ask her how it happens that the papers

say she made her Hamlet appear to be

the kind, exclaims the indignant ac-

the thermometer close to the century

mark, Salt Lake City and its environs

Value of Strawberries

great hindrances to its attainment can moved by Adams' Pepsin Tutti Frutti.

A Wild Guess.

fast table. "I wonder what they are

made of?" "Perhaps," said the star

boarder, "of feathers from a tailor's

Hali's Catarrh Cure

Private Mailing Card.

views of scenery on the Chicago, Mil-

waukee & St. Paul Railway sent on

receipt of ten (10) cents in stamps.

Address F. A. Miller, General Passen-

What Do the Children Drick?

English Women's Jewels

Among the wonderful collections of

Baroness Burdett-Coutts' unique set of

sapphires is celebrated; the marchion-

ess of Bath's necklace of black pearls

estimated as worth \$500,000, and the

uchess of Westminster's Nassau dia-

mond at nearly \$200,000. The princess

of Wales has a beautiful necklare,

ger Agent, Chicago, 111.

Private Mailing Card with colored

Is a constitutional cure. Price, 75c.

goose."-Detroit Free Press,

about 1,000,000 men.

The orange came to Europe from Africa in the elventh century, Sir Walter Raleigh brought it to England in the sixteenth century. It was first plant d in Austria in 1788.

The well posted druggist advises you to use Wizard Oil for pain, for he

Discretion in speech is more than

by wide awake farmers who handle our patented Self-Operating Churning Machine. It sells on sight as it entirely does away with the drudgery of churning. Every farmer knows what this means to his wife. farmer knows what this means to his wire. We want one good agent in every county, to whom we are prepared to offer liberal terms. Write us today and get the agency in your county as it means big money to you. The Self-Operating Churning Machine Co., 1316 Unity Bidg., Chicago, Ill.

A single leaf of the orange tree, carefully planted, will often take root and

Try Grain-O: Try Grain-O!

Ask your Grocer to-day to show you a package of GRAIN-O, the new food drink that takes the place of coffee. The children may drink it without injury as well as the adult. All who try it, like it. GRAIN-O has that rich seal brown of Mocha or Java, but It is made from pure grains, and the most delicate stomach receives it without dis-tress. If the price of coffee. He and 25 cts. per package. Sold by all grocers.

Pa: What's baby crying for, Dolly? Dolly: Just 'cos I showed her how to

IN 3 OR 4 YEARS AN INDEPENDENCE ASSURED



ada, the land of pients ada, the land of pients Illustrated pamphlets giving experiences of farmers who have be come wealthy in grow ing wheat, reports o do on application to the Superintendent of amigration, Department of Interior, Ottawa, mada, or to J. S. Crawford, 214 W. Ninth St., ansas City, Mo. C. J. Broughton, 1223 Mo-dincek Block, Chicago, Ill., or E. T. Holmes, oom 6, "Big Four" Building, Iudinapolis, Ind.

REWARD

PRECIOUS Special F Get it of you if he does not sell it, send un his name, and for you HERBAL DINTMENT It Cures Through the Pores Sand You a Trial F188.
Address Dr. C. P. Brown, 98 H. way, Newburgh, N. Y.

SIXTY DOLLARS worth of staple goods free to in every county of the U.S. Write quick, NEW JEHSEY MFG. CO., Jersey City, N. J.

USE CERTAIN SEEF CURE. 6 Triple-Plated Teaspoons and Swift's Hom

What Do the Children Drink?

Don't give them ten or coffee. Have you tried the new food drink called GRAIN-Of It is delicious and nonrishing, and takes the place of coffee. The more GRAIN-O you give the children the more health you distribute through their systems. Grain-O is made of pure grains, and when properly prepared tastes like the choice grades of coffee, but costs about 14 as much. All grocers sell it. The and 200 THE CLOW NIGHT LAMP WIN ras 200 hours for 1 cent. Ho gar: no color. Ped. 50c. Olow Kight Lamp Co., Des Moines, lo V. N. U. ST. LOUIS, NO. 20, 1901 Mention This Paper.



ling."

he is."

one of the worst old crowbaits you ever

A VERY CLEAR CASE.

"Very eccentric fellow, that Burk-

"Eccentric? I call it something else

A NABBOW ESCAPE.

Bull-"What's ailing you?"

hang-dog look!"

wide."

Fido-"My! I had to run, I saw a

man down the street there with such

HER REASONS.

W. L. Riordan in Leslie's Weekly;

'Ah, yes," sobbed Christabel; "I con-

fess I love you, but it can never be-

we can never marry. I feel that mother

be observed, however, much they may

interfere with the inclination of our

"I will go," said the young man, his

voice trembling with emotion; "but

would you mind telling me where this

chasm comes in? I always thought

that our families were on about the

same social footing. Has anybody left

"No," walled Christabel; "It is not

that. It is-it is-but, oh, Harry! why

"Never mind the pain," said the

young man, new thoroughly aroused.

'I must know why you consider me be-

"Then hear it!" cried the maiden.

'We have mantel mirrors and gas logs

in our new flat. Have you these things

in your flat? Answer me, Harry Haw-

But there was no answer. The

young man had lived all his life in

Harlem, and he knew its social dis-

tinctions but too well. With a groan

THE HONORABLE HIGHWAYMEN.

Sam Rawson occasionally said a

good thing, and one of those occasions

chanced to be the town meeting. The

people of Sam's village could not un-

derstand how the money appropriated

for the roads had vanished with such

A stretch of road, running past Sam's

iouse, was in notoriously poor con-

dition, although Sam declared that he

had paid liberally to have it put in

good order, and there was general in

statement before the selectmen.

board of highwaymen-"

terest when Sam fose to make his

"I'd just like to say one thing," he

drawled, heedless of the fact that he

had interrupted an indignant neigh-

bor. "I don't want to make any fuss,

but I'd just like to ask the honorable

That was as far as he could get. A

oar of laughter swept over the town

meeting and showed its effects in the

Preserving the Family Credit.

"Clara, I get tired seeing you carry

that everlasting reficule around with

"Well, George, I'd hate awfully to

have a man snatch my purse from my

hand and find out there wasn't a cent

LITTLE LAUGHS.

A Hopeless Care.

the pledge, my good fellow?"

many other things to take."

Mr. Goodman-Why don't you take

Jaggsby-"Because there are too

Literary Note.

"The Love Letters of a Lady With

Goiter" and "The Love Letters of a

Widower With Mine Children" are an-

Business Agility

"Oh, she says she has been racing

"And how did your husband become

he always got interviewed about it."

visits which have no political signifi

That Finished Him. He-"Thank heaven, I never wrot

She-"Oh, well; - they probably wouldn't have been literary enough to

A Chance to Do Better. Julius-"Would you like to live your

Edgar-"No; but I'd like to spend

over again all the money I've spent."

will run down the aisle to the altar."

so famous, Mrs. Wickleham?"

"Pa, what do statesmen do?"

nounced for early publication.

married."

cance."

you any love letters."

publish, even if you had."

"Why?"

red faces of the "highwaymen."

you a fortune lately?"

should I pain you?"

neath you socially."

lum!"

logs.

poor results.

FROM THE DAILY LYRES. London Cablegram to the Chicago saw. I'm not saying much about it Daily Anglomaniac.—Alarming re- for Jones is my friend, you know. But ports come from Russia. The cxar is a | an old codger that buys groceries from raving maniac. He shot dead the me says friendship ceases in a horse ecretary of state who entered his dicker." nuarters unannounced The czar has finally determined to shut all American made goods out of Russia. Acting under instructions of the czar, M. de Giers, ambassador at Pekin, has ordered all Americans out of China. It | When a fellow keeps himself soaked looks as if the relations between Russia and the United States are badly strained. England yet lives,

The London Daily Beef says: Russia robbing Japan of Manchurla. England cannot stand idly by while this wholesale robbery of territory is being perpetrated. Let Japan and Russia come together and England will do her duty.

Berlin.-The Daily Bung Starter Zeitung says editorially: If England can get Japan into a fight with Russia shave so that he can accept a job and also keep the people of the United which is waiting for him around the States convinced that Russia is an corner." enemy of the United States then England may take a hand. What England wants is a chance to grab the very erritory in which Russia is now so strongly intrenched-Manchuria. In either case it is no cheese to Germany. We want a slice of Western China.

St. Petersburg Cablegram to the Chi-

cago Daily Anglo-Phobist.—The czar has invited Charlemagne Tomer, American ambassador, to accompany him on an automobile trip overland to Odessa. They held a long conference today. The British ambassador is yellow with envy (he wouldn't be green). The American flag is everywhere being displayed in recognition of the friendly relations between the Bear and the Eagle. If the enthusiasm lasts much longer the British ambassador will ask for his passports. St. Petersburg.-The Daily Canardsky says editorially that an alliance be tween Russia and the United States is more than likely. This will, if consummated, insure the peace of the world for all time to come.

Chicago Cablegram to London Daily is right; that social distinctions must Beef .- Prince Odorofsky, the celebrated Russian anarchist, was given a royal reception by the citizens of Chi-cago today. He delivered a fierce ti-chasm that yawns between us is too rade against the czar and his government. Among the speakers were the British consu: and the editor of the Anglomaniae.

Chicago Cablegram to the St. Peersburg Cumoffsky: Prince Odorofsky, the anarchist and paid slanderer of the czar of Russia received a cool reception. A few Canadians attended the meeting at Music hall last night. The prince is not worrying, however, as the British government is naving all his expenses. He is a guest at Bull house.-Ex.

(From the New York World.) "You must push matters a little, James," said a chemist to his new boy, "By calling a customer's attention to this article and that article you often effect

a sale." "Yes sir" responded the new boy and then he hastened to wait upon an of despair he fled to his old-fashioned elderly person who wanted a stamp. flat and sat down and cursed the in-"Anything else, mum?" inquired the ventors of mantel mirrors and gas ambitious boy, politely; "hair dye, cosmetic, face powder, rheumatic drops, belladonna, mole destroyer-"How her sapphire eyes flash," says

The elderly lady deals over the way

HE LET IT GO AT THAT. "What is the sacrament of mara man of 35. 'I have done nothing of riage?" asked the Sunday school superintendent of a girl in the juvenile

tress, facing me suddenly. 'Instead of class. "It is a state of punishment into making my Hamlet a man of 35 I have which we enter to prepare for another endeavored to impersonate a youth of and better world," replied the little miss who had learned her lesson by FITS Permanently Cured. No fits or nervousness atter first day's use of Dr. Kilme's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. Da. R. H. Kilve, Ltd., 931 Arch St. Philadelphia, Parote and got things slightly mixed,

"That isn't the orthodox answer, said the superintendent with a deep sigh, "but perhaps, after all, it may be While the east was sweltering, with

STUPIDITY



He-"Aren't you most ready, dear?" She-"How many times are you going to ask me that question? I've been telling you for the last half hour that I'd be ready in a minute."

FRIENDSHIPS, LIMIT. France Falls Fearfully Short. From the Detroit Free Press: This Twenty-five years ago France was young man is not so confiding as he the to put as many soldiers in the was, and his ideas of friendship are feld as Germany. To-day it falls short not so exalted. Yet he takes it philosophically and is willing to place a Mrs. Winslow's Soothing Syrup heavy credit in favor of experience. For children teething, softens the gums, reduces in Tammation, slinys pain, cures wind coile. 20c a bottle "I started in a small way," he tells "and I had an idea that my business A West Virginian confesses to havwould expand rapidly. But I find a ing sixteen wives. The ratio of 16 to 1 is likely to prove disastrous to the instigator of this marirage scheme. good many leaks and drains. Of course you know Jones. He is my friend and knows about horses. So when my horse went lame I consulted him, he

being the one friend I had who, I thought, could help me out. 'Pretty bad shape,' he said, as he looked the nag over. 'Need him on your delivery wagon, don't you?" "I need him or some other horse and asked Jones what I could get for the lame one. He looked him over felt his lega, examined his eyes and teeth and finally said that, being a

friend of mine, be'd give me \$40 for

the horse. I took it. That same afternoon he sold the horse for \$80, a fact learned about a weet later. "'Now,' said Jones, 'I'm not the man to leave a friend in a scrape. I'll just rustle around and find you snother

'Thank you, but keep within a hunaroness Burdett-Coutta' unique set of "Next morning my friend showed up apphires is celebrated; the marchion with a horse he told me I could have for \$98, though he was really worth more. He was sound, gentle, 7 years old, according to Jones. "He had bought that horse for \$60.

Young man, get something worth worrying over. If you have no family, you will worry over a dog or a sick When a woman has nothing about of Wales has a beautiful necklass.

He had spavin and ringbone, was knee When a woman sprung and 13 years old. So Jones her house or toll had made \$75 off me and left me with changes her mind.

ife over again?"

ONE OF THE NEW WESTERN

Where the Soll Is of Unexampled Fertility.

number of American settlers (those going from the United States to Canada), have made homes in the Saskatoon district in Western Canada They have found the climate all that could be desired and their prospects are of the brightest. In writing of it a correspondent says: The lands for sale are choice selec

with whisky all the time and would tions from a large area, and every rather go around begging for money farm is within easy distance of a railto help kill himself off than to work once in a while, there's no use trying to soften matters by calling him ecsummer frost, from cyclones and blizcentric. Give the devil his due, but zards. The South Saskatchewan, never try to make him out better than the finest rivers in the country, be-"Still, you know, this chap doesn't ing navigable and having an average claim whenever he strikes you that it's width of stream of 1,000 feet. to be the last time, and that he wants The agents of the Canadian governthe money to get a clean collar and a

> be pleased to furnish full information. tell me that within the limits of the tract there are two distinct varieties of soil. One is a rich black loam, and the other is a somewhat lighter loam. containing a small admixture of sand. There appears to be no appreciable difference between the fertility of these two kinds of soil. Both are alluvial in their characteristics, both are marvelously productive, and both rest upon a subsoil of clay. The advantage of this formation is that it retains the heat of the day during the night, and is favorable to the early maturity of crops. Every kind of crop will here attain the highest perfection of quality. The land is admirably adapted for stock-raising and dairy farming, as well as growing grain. Some idea of the richness of the natural grasses of the prairie may be formed from the fact that more than 200 tons of hay were gathered

> within a short distance of Saskatoon and stored up for use during the winter. A growth so luxuriant demonstrates beyond all possible question the suitability of the land for pasturing cattle, and no doubt this important industry will be largely carried on. Nature has been lavish in her gifts

A Miracle Explained. Bryant, Mo., May 13th.-The sensa tional cure of Mrs. M. A. Goss of this place has sent a ripple of excitement all over Douglas county, and Dodd's Kidney Pills, the remedy in question are receiving thereby the greatest advertisement any medicine has ever had

"Arethusa says she's afraid to get in this state. To satisfy the many inquiries which she finds it impossible to answer by for street cars so long she's afraid she letter, Mrs. Goss has sent the follow ing statement of her case to the St.

for months, with Sciatica and Rheu-"Oh, whenever anybody did anything matism. I used baths and liniments "Well, mostly, Tommy, they fide on the railways from city to city, paying

> such torture. "A friend suggested Dodd's Kidney Pills, and after I had used them week I began to improve, and in about four weeks I could alt up in bed. A few days later I walked a quarter of a mile and back. I now do all my own cooking and housework. The pain has entirely left me and I am a well woman. I have taken altogether sixteen boxes of Dodd's Kidney Pills. Dodd's Kidney Pills saved my life.

"Mrs M. A. Goss." People come for miles to see Mrs. oss and hear her wonderful story. Dodd's Kidney Pills are working mar velous cures in Missouri.

A school board inspector once asked a class of children if any of them could tell him what an epidemic was. No answer "Well, let me prompt you. An epidemic is anything that apresds. Now, what's an opidemic?" "Jam, sir," regiled a boy promptly.

THE SASKATOON DISTRICT.

CANADA DISTRICTS. The Great Advantages of Settlemen

During the past year or two a large

way station. Experience has shown that this district enjoys immunity from flowing through the tract, is one of

ment, whose advertisement appears elsewhere in your paper and who will trunk. When the leaves fall they are

to this territory. Not only is the soil of unexampled fertility, but the climate is delightful and healthy. Such is the testimony of every settler, and this testimony is confirmed by enthusiastic opinions from every traveler, explorer, missionary or newspaper correspondent who has ever visited this farfamed Saskatchewan Valley. In former years vast herds of buffalo came here to winter from the elevated storm-swept regions south of the United States boundary line, proving thereby the adaptation of these rolling prairies to the purpose of raising stock. The land is dry, with sufficient, but not excessive rainfall, capable of early cultivation in the spring, and free from summer frosts. The configuration of the country renders artificial drainage unnecessary, and prevents the accumulation of stagnant pools; mists and fogs are seldom seen. The days of summer are full of sunshine, under the genial influence of which crops rapidly ripen. Autumn is characterized by an almost unbroken succession of fine weather, during which the crops are safely garnered. In winter it is cold, but extremely exhilarating and pleasant, owing to the wonderful dryness and bracing qualities of the air. The winter is a source of profit as well as enjoyment to the

humid climate. Water and fuel-these two prime necessaries of life are plentiful throughout the district.

people, being far healthier than a

A Novel Burglar Alarm.

A novel form of burglar alarm has recently been patented by Mr. A. D. Risley, of Richfield Spa., New York, which seems to promise efficiency without being in the least obtrusive, It takes form of an elastic matting, which can be placed beneath carpet or door-mat without attracting any more notice than the thick felt or paper which is usually placed in such situations. Its construction is such that pressure in any part will bring metallic connections into contact, and a bell will thereupon ring at any predetermined spot. It is certain that pieces of this matting placed beneath the carpet near windows and doors likely to be opened by burglars would most effectually warn a householder that such unwelcome guests were paying him a

A Queen's Jewels. That quiet, domestic lady, the Queen of Saxony, enjoys the ownership of four sapphires, equal in size and beauty to the one that glows in the crown of England, and the favorite wives of the Shah of Persia and Sultan of Turkey wear turquoises the like of which no western queen can boast.

Louis Globe-Democrat:

"I did not think I could live a day and suffer as I have lived and suffered of all kinds. Two physicians treated me, one of them for two months. Nothing helped me in the least. I never slept more than ten or fifteen minutes at a time. I was bedfast and had to lie on one side all the time. I used to wish for death to deliver me from

Loftlest Weather Cock. The loftlest weathercock in the world is to be found on the summit of a tower, 370 feet in height, rising above the Hotel de Ville in Brussels, which is generally accounted to be the most beautiful building in Belgium, and some cay in Northern Europe. This is a gilded copper figure of the Archangel Michael which was executed by Martin van Rode in 1454. Although, in consequence of the height of the spire on which it is mounted, this figure looks much smaller than it really is; it is sixteen feet high and, being of solid metal and hung on a pivot turning with the wind, it is both the largest and heavlest weathercock in the world.

Melodious Mille Maids. In Switzerland a milkmaid gets better wages if gifted with a good voice, because it has been discovered that a cow will yield one-fifth more milk if soothed during milking by melody. It would be a very good idea for the milkmaids in this country to cultivate their voices, with a view of making their cows more profitable investments than in the past.

Tree 2,000 Years Old. The oldest tree on earth with an authentic history is the great Bhoo tree of Burmah. For twenty centuries it has been held sacred to Buddha, and no person is allowed to touch the

carried away as relics by pilgrims.

A Month's Test Free. If you have Dyspepsia, write 17. Shoop Eucline, Wis., Box 143, for six bottles of Dr. Shoop's Restora-tive, express paid. Send no money. Pay \$5.50 if cured.

In Case of lvy Polsoning A treatment highly recommended by cle tax the authorities provide a small scientific magazine for poisoning from | metal plate which the owner is re ivy is to wet a silce of bread with quired to exhibit on a prominent part water, dust it with common washing of his wheel. Any machine not hearsods and apply to the eruption, keep- ing the mark will be seized and its ing the bread wet from the outside, owner summoned and fined. The tax Half an hour of this treatment is said levied is \$1.20 for an ordinary bicycle, to be a sure cure.

\$2.40 for a tandem and the same for a motor cycle. A different style of plate I am sure Piso's Cure for Consumption saved my life three years ago. Mrs. Thios Rominss, Will be issued for each year, Maple Street, Norwich, N. Y., Feb. 17, 1990.

Horses for South Africa. The South American horses supplied Is the title of an illustrated booklet seem more satisfactory than any other & St. Paul Railway, descriptive of the mount. Coming from a grass coun- country between Aberdeen and the try, where horses travel thirty to forty Missouri River, a section heretofore miles a day with heavy riders, a class unprovided with railway facilities, but of animal has been developed which which is now reached by a new line of combines the constitution and stamina the Chicago, Milwankee & St. Paul which are lacking in the Australian Railway. Everyone contemplating a with the weight and bone which are change of location will be interested lacking in the Arab for cavalry.

Information Regarding Lost Friends, Heirs, employment, addresses, climate, etc., Passenger Agent, Chicago, Ill. Information Bureau, Denver. Colorad-

The Cyclience . Skirt. According to the Wheel (London) the police of St. Petersburg affect to re- of dogs has been drilled in the village The wife of East. gard the skirt of the cyclienne as a of Lecrench, near Cologne, to operate menace both to the safety of the in conjunction with the German Amwearer and the public in general, and bulance Corps. Each dog is supplied have laid down a law that no lady with a saddle, in which are pockets cyclist shall ride through the streets containing all that is necessary for the Dr. J. of the Russian capital unless clad in first dressing of a wound, also a large the bifurcated garment.

Wetmore's



Collecting Bicycle Tax.

South Eakota Farms

For some time past a large battalion

gourd of brandy.

The French government, having exparienced considerable difficulty in collecting the tax on bleveles, has intro duced a new method of collecting that impost. On payment of the annual cya perfect liquid dentifrice for the Teeth and Mouth New Size SOZODONT LIQUID, 25c SOZODONT TOOTH POWDER, 25c Large LIQUID and POWDER, 75c

> HALL& RUCKEL, New York. **EMINENT OGULIST**

FRAGRANT

The

chewing

tobacco

with a

conscience

behind it.

No Premiums!

Wetmore's Best

Made only by

C. WETMORE TOBACCO CO.

to the British cavalry in South Africa Just issued by the Chicago, Milwaukee HONORED BY TWO GOVERNORS His Great Discovery For Curing Afflictions

> of the Eye Without the Knife. in the information contained in it, and a copy may be had by sending a twocent stamp to F. A. Miller, General

Match Starts the Meal If You use a CKLESS BLUE FLAME il Stove If your dealer doca not keep them, write to the nearest agency of No Muss STANDARD OIL CO.



POOR LITTLE JOHNNY! AND HIS "TUMMY"!

Small boys, and many times large ones, and occasionally girls, too, big and little, suffer terribly from convulsive pains or "cramps" in the bowels and stomachpain so violent that it "doubles up" the ones attacked, and makes it impossible for them to stand up.

Some people call it colic, but most honest, plain-spoken people call it "belly-ache" and very properly, for the seat of the trouble is in the owels, and caused by the violent efforts of the bewels to rid themselves of something which doesn't belong there. The small boy usually gets it from over-eating or from eating forbidden fruit, and suffers mostly in the summer time. It's spring now, and "in times of peace, prepare for war." Let the boys and girls and the big

folks, too, for that matter, clean out the clogged channels filled with winter bile and putrid undi-gested food, strengthen the 30-feet of bowel canal, liven up the liver, and "summer belly-The way to make the body ache-proof is to use CASCARETS, gentle, sweet, tragrant

CASCARETS, the perfect system cleaners and bowel strengtheners. For fear that anybody in the family should ever be attacked by belly-ache, keep a box of CASCARETS in the house always, and remember that all pains and troubles in your insides are

